

If you would like to take the first step towards finding a Spiritual Accompanier...

For help in finding the right person ...

Contact the Spirituality Advisor, Nick Helm (Nick@hereford.anglican.org) or Sue Foster (s.foster779@outlook.com) and they will arrange an appointment to discuss spiritual direction and help find someone appropriate in the Diocesan network of spiritual accompaniers.

Other sources of information or opportunities for retreat and prayer ...

The Retreat Association

www.retreats.org.uk
01494 433004
info@retreats.org.uk

The Retreat Association
Kerridge House
42 Woodside Close
Amersham Bucks
HP6 5EF

The Retreat Association publish an annual listing of places and events for retreat and quiet all over the country, and beyond. They can also help in finding courses and Spiritual Accompaniment. Their website provides plenty of useful leaflets and guides.

The Quiet Garden Movement

www.quietgarden.org

This is a network of people who make their gardens available for people to use for quiet prayer and reflection. There are several in and around the Hereford Diocese.



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Finding Spiritual Direction



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Have you ever wondered...

Where is God in all of this?

Is there more to prayer than I am experiencing?

What am I meant to be doing with my life, my work etc.?

Have you ever wished you had somewhere to reflect on and explore these sorts of questions?

You may have a friend or confidant with whom you can discuss them, but you may not, or you may feel you wish you had someone with more experience or understanding of the spiritual life.

Perhaps you have felt it would be good to talk to someone about your relationship with God, your prayer and how to recognise God's leading in your life.

Maybe you have wished that there was someone who could listen to you, give you space to talk about your experiences, ponderings and questions. Who could help you make more sense of it and help you recognise what is of God in your life.

These people do exist!

They are often called spiritual companions, soul friends or spiritual directors. They give people a space to share, reflect and explore, offering perspectives and pointers. This is a confidential supportive relationship, that involves a lot of listening and encouragement, without patronising or judging.

This is something that is available to anyone who, taking their spirituality seriously feels they would benefit from the relationship. It is certainly not just for those who are experienced and have a good prayer life!

The Benefits of Spiritual Direction

Many find an immediate sense of support and reassurance about their spiritual life, but there are other common effects, including:

Developing and growing in prayer and closeness to God

Greater clarity about personal sense of purpose in life

Growing in the ability to recognise God and God's movements in life experience

Making more discerning choices in life

Finding Someone

Finding the right person as a spiritual companion can seem a difficult task. Sometimes the right person may already be known to you, sometimes it may seem better to have someone well away from your normal circles. It does need careful consideration, but there is help available.

The Hereford Diocese knows of some of those locally offering spiritual accompaniment and has people available to discuss who might be best suited to your needs.

There are also other ways in which we can find space, support and opportunities for deepening and developing our spiritual lives. Some of these are listed overleaf.

If you are someone offering spiritual direction and are interested in making contact with the Hereford Diocese Network do contact us as there is a good support network in the Diocese